

RAKUEN TRANSLATIONS



TRANSLATOR:

/A/NONYMOUS

PROOFREADER:

/A/NONYMOUS

RAW PROVIDER:

/A/NONYMOUS

CLEANER:

PAPO41

TYPESETTER:

PAPO41

READING:
BATOTO

DOWNLOAD:

MEGA



RAKUEN TRANSLATIONS



IKEBUKUROTRANSLATIONS.
BLOGSPOT.PE

WE ARE LOOKING TRANSLATORS FOR:

RAKUEN TRANSLATIONS

DEAR SUCCUBUS SISTER



Author: Kadono Yu

RENGOKU NO KARMA



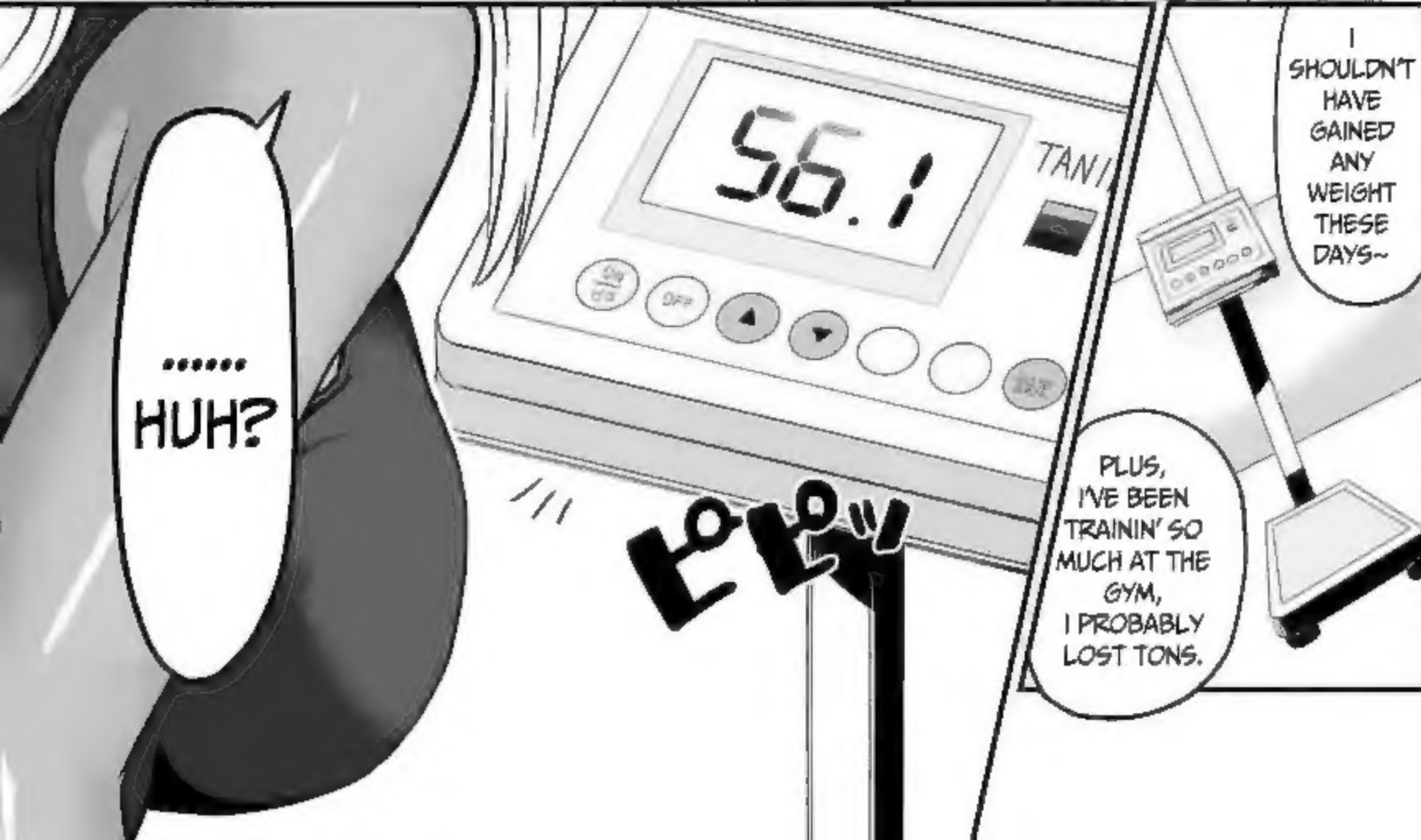
Author: Hirose Shun

**IF YOU'RE INTERESTED
ON HELPING US,
WRITE US ON OUR
FACEBOOK PAGE OR
CONTACT US AT OUR
BATOTO ACCOUNT
PAPO41**



**WE'RE ALSO RECRUITING TYPESETTERS,
REDRAWERS AND CLEANERS.**

CHAPTER 6: LAT PULLDOWNS





**I GAI-
NED-D-D-
D-D-D!!!??**



**I DID
NOTICE...**



OHH...

**I'M
WORKING
OUT SO
WHY DID
I GAIN
WEIGHT?**



**HUHD
WAIT
BUT
WHY?
HUHD?**



**AM I GONNA
BECOME
LIKE A
MACHO
GORILLA AT
THIS RATE?**

**MY FIGURE HAS
BEEN GETTING
MORE TONED
FOR SOME
REASON...**

**MY GOAL WAS
JUST TO LOSE
WEIGHT,
THOUGH...**

**I GOTTA HURRY AND
ASK MACHIO-SAN
TO HELP!!!!**



**TH...
THIS IS BAD!!!**



it follows you'll gain weight.



When you gain muscle,

I-I GUESS THAT MAKES SENSE!



WHEN YOU COMPARE MUSCLE AND FAT, MUSCLE IS FAR MORE DENSE.



leaves a nicer impression.

They both weigh 80kg!


Even when the weight's the same, the muscular one

CONVERSELY, IF TWO PEOPLE WEIGH THE SAME, THE REALLY MUSCULAR ONE WILL BE SMALLER THAN THE FATTER ONE.



NOW,
DIETING
IN AND OF
ITSELF
ISN'T A
BAD
THING...

THOSE KIND
OF GYMS
THROW IN AN
EXTREME
DIET WITH
THEIR
PROGRAM.




AFTER

AHH,
THOSE
COMMER-
CIALS
ARE
EVERY-
WHERE.

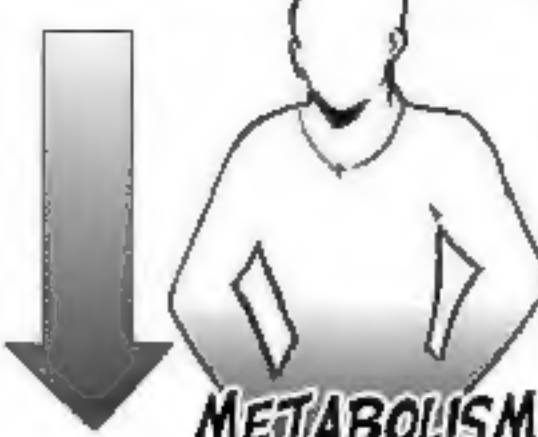
BEFORE

RECENTLY,
YOU'VE SEEN
THOSE GYMS
WITH,
"IN 60 DAYS,
THIS MAN
LOST XX
KILOS"
ADVERTISE-
MENTS
RIGHT?



AS YOUR
MUSCLES
DECREA-
SE,
SO WILL
YOUR
METABO-
LISM.

METABOLISM



HOWEVER,
YOU LOSE
ALL SORTS
OF MUSCLE
WITH SUCH
BAD NU-
TRITION.

Butter

Rice

Alco-
hol

WHEN YOU
START
A FAD DIET,
YOU'LL
QUICKLY
LOSE ALL
SORTS OF
WEIGHT.



IN ORDER TO
CREATE A
BEAUTIFUL
BODY,
YOU MUST
EXERCISE
REGULARLY
AND MAINTAIN
A NUTRITIOUS
DIET.

**SERIOUS-
LY!!!?
THAT'S
AW-
FUL!!!!**

AS IT HAPPENS,
MOST CASES
JUST RESULT IN
A REBOUND
WHEN PEOPLE
RESUME THEIR
REGULAR DIET.

WORSE YET,
WITH A LOWER
METABOLISM,
IT BECOMES
EVEN HARDER TO
LOSE WEIGHT
THAN BEFORE.





I-I
GUESS
SO...!

IF YOU GET
INTO A REGULAR
EXERCISE
ROUTINE,
YOU WILL NEVER
NEED SOME
INSANE DIET TO
TRANSFORM
YOUR FIGURE.



SO YOU
SHOULD
NEVER GO
ON AN
EXTREME
DIET.

YOU
TWO ARE
STILL
GRO-
WING,



BUT
PERSONALLY,
YOU SHOULD
DEFINITELY
BE GETTING
SOME
EXERCISE
NO MATTER
WHAT.

THERE ARE
ALL SORTS
OF GOOD
DIETS IN
THE
WORLD,



OK!
LET'S
WORK
HARD.

WELL
THAT'S
GOOD TO
HEAR,
LET'S
START
TRAINING.

Eat with
all your
might
Move with
all your
might...
**LET'S
MUS-
CLE!!!!**



I RE-
COM-
MEND
THIS
EXER-
CISE.

THAT'S
RIGHT...
AND IF
WE'RE
TRAINING
OUR
BACKS,



WOR-
KING
MY
BACK.

IT'S A
MORE
EFFICIENT
REGIMEN
TO START
WITH
LARGER
MUSCLE
GROUPS
WHEN
LIFTING.
LIKE
WOR-
KING
YOUR
BACK.

**OKAY!
MUS-
CU-
LAR!!!**

In this case
Thumb-less Grip
(Holding the bar
without thumbs)
will be used



When returning
the bar,
do so slowly
with very
controlled
movement.



At the same
time, draw the
bar downwards
by leaning back
slightly.

Sit
more
forward
on the
bench.



For chin-ups
(bringing the
bar down in
front of
your neck),
pull the bar
down until it
touches your
chest.

more focus is
placed in your
back than
your arms.



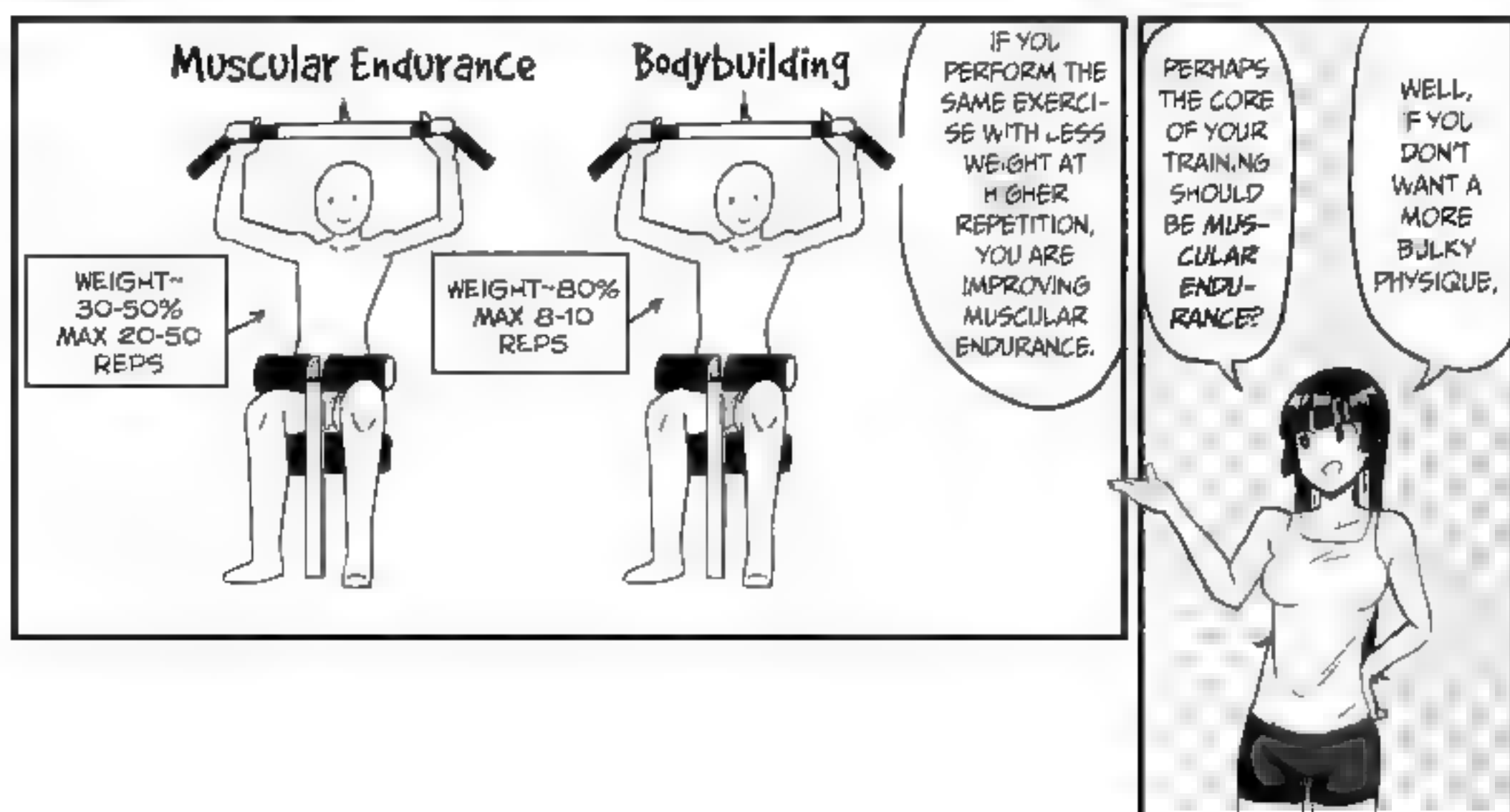
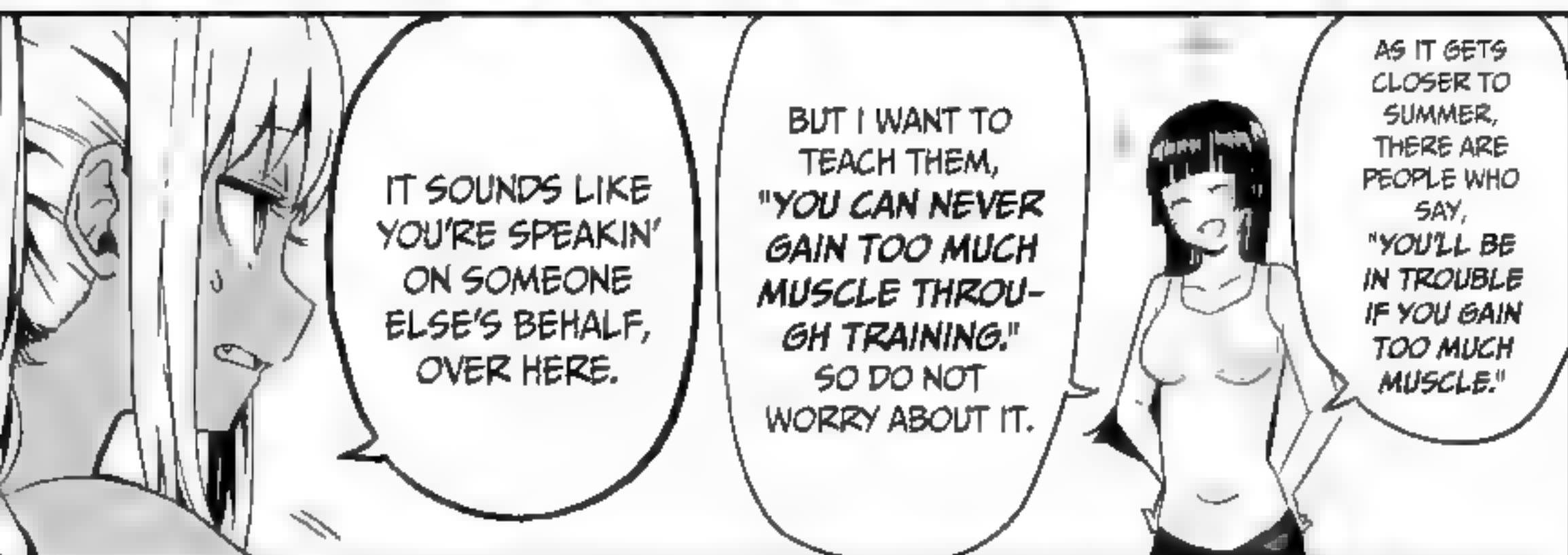
If you make a
conscious effort
to keep your
shoulder blades
retracted.

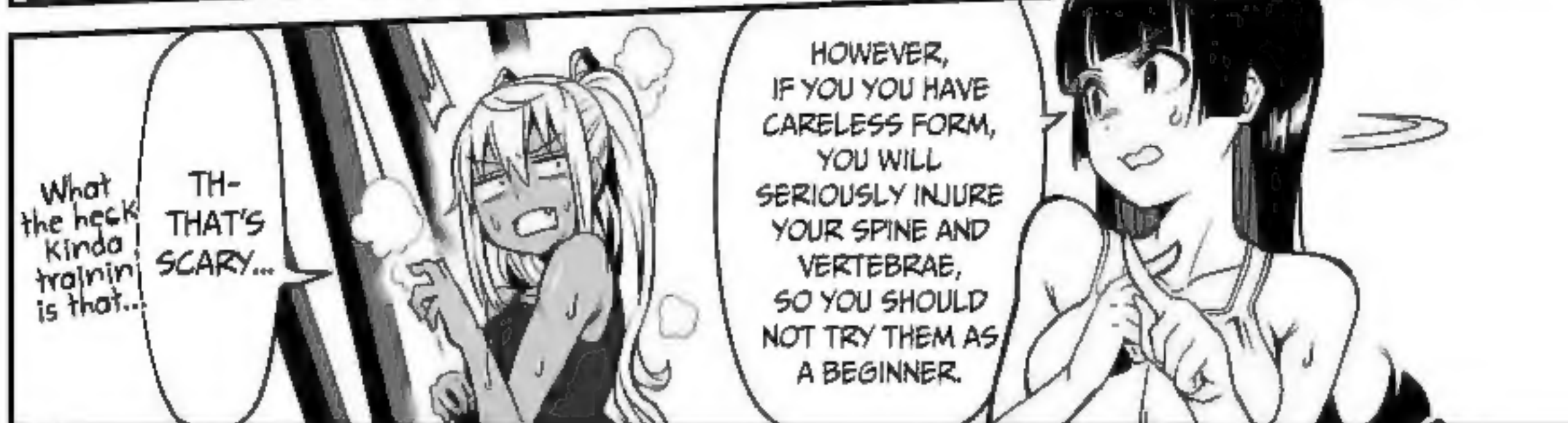
During
Lat Pulldowns,
you can train
your central
back muscles like
your latissimus
dorsi and
teres major.

TERES
MAJOR

LATISSI-
MUS
DORSI









A BAR
WHERE YOU
CAN DRINK
SHAKES
WITH SU-
PPLEMENTS
IS ALWAYS
ON STANDBY
IN SILVER-
MAN GYM.

WELCOME TO
MACHIO'S
PROTEIN BAR!
TODAY'S
RECOMMEN-
DATION IS
WHEY-ISOLATE
PROTEIN
SHAKE MIXED
WITH BCAA
STACK.

GOOD
WORK
HIBIKI.

AHH,
I FEEL
GREAT!



HIBIKI,
DO YOU
KNOW ABOUT
"GOLDEN
TIME?"



THE
PROTEIN
SHAKES
MACHIO-
SAN MAKES
ARE THE
BEST.

OH!
THIS IS
TASTY!



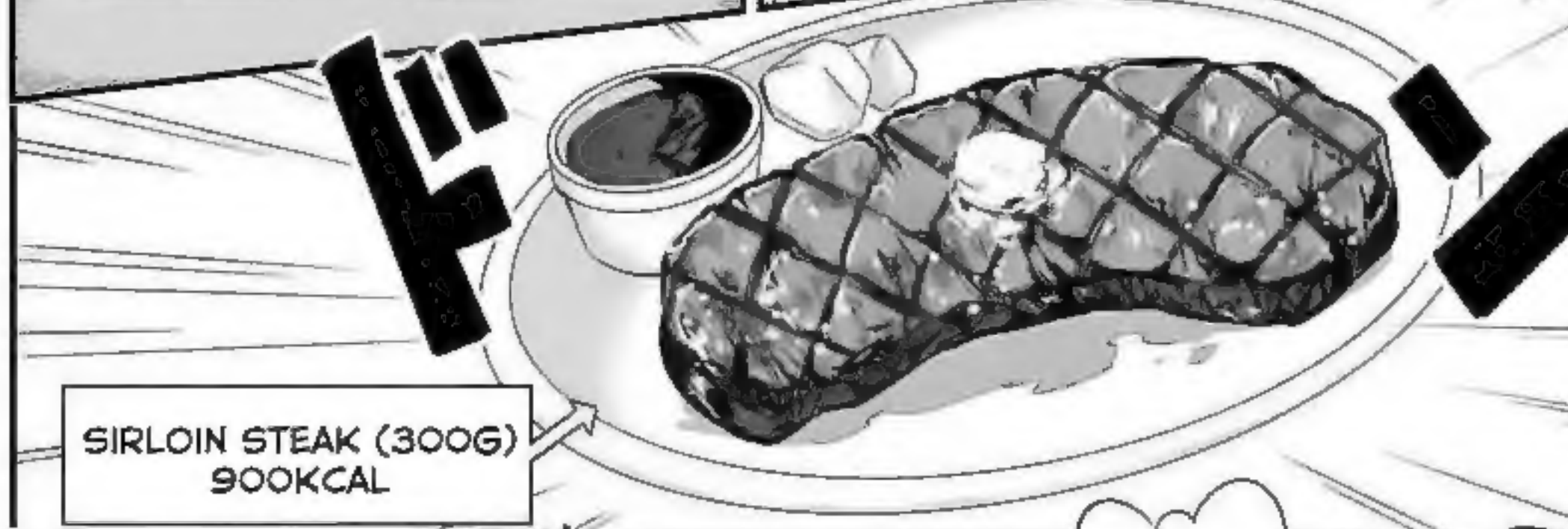
30
MINUTES
IS PRETTY
STRICT.

VERY
MUCH
SO!



IF YOU TAKE IN
PROTEIN WITHIN 30
MINUTES AFTER
TRAINING,
THERE IS A
REMARKABLE
DIFFERENCE IN
MUSCLE GROWTH.

WOW!
ONLY
30 MINU-
TES.



ALL A WASTE

